

70. The station of claim 69, wherein said forward channel signal has data information and address information.

71. The station of claim 70, further comprising:

a unique station address, wherein said station accepts said data information when said address information matches said unique station address.

72. ~~The station of claim 69, wherein said predetermined time is a dwell time and said channel assessment interval is partitioned into dwell times.~~

73. The station of claim 69, wherein said forward channel signal is provided during a predetermined forward channel interval and said reverse channel signal is provided during a predetermined reverse channel interval.

74. The station of claim 69, wherein said forward channel signal and said reverse channel signal are wireless signals.

75. The station of claim 69, wherein said forward channel signal and reverse channel signal are full-duplex signals.

76. ~~A base station comprising:~~

a transmitter for transmitting a forward channel signal; and

a receiver for receiving a reverse channel signal from a remote station after said remote station detects that said reverse channel is clear during a predetermined time in a channel assessment interval.

77. The station of claim 76, wherein said forward channel signal has data information and remote station address information.

78. ~~The station of claim 76, wherein said predetermined time is a dwell time and said channel assessment interval is partitioned into dwell times.~~

79. The station of claim 76, wherein said forward channel signal is provided during a predetermined forward channel interval and said reverse channel signal is provided during a predetermined reverse channel interval.

80. The station of claim 76, wherein said forward channel signal and said reverse channel signal are wireless signals.

81. The station of claim 76, wherein said forward channel signal and reverse channel signal are full-duplex signals.--